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The J Spot pg 22

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SECURITY CAMERAS Vancouver is installing 100 video cameras in its downtown core over the next two months.

The closed-circuit cameras will be activated on Feb. 1 and turned off on March 28. They will be installed in high-traffic pedestrian areas like Granville and Robson streets and around Vancouver's two Olympic LiveCity sites.

Signs will tell people when they are in areas where the cameras are installed.

They were purchased with funding from the province and the Vancouver 2010 Integrated Security Unit. **METRO VANCOUVER**

News on the Move

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Food pg 23

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KRISTEN THOMPSON/METRO VANCOUVER

Sue Brown stands in front of the house she co-rents on East 11th Avenue near St. Catherines Street yesterday. Brown alleges she's being booted out of the home so her landlord can rent it out for the Olympics.

Tenants allege eviction is Olympic profiteering

Home said to be posted online by landlord for $11,900 a week

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Tenants of a rental home in Mount Pleasant say they're being kicked out so their landlord can rent out the house during the Olympics for $11,900 a week — which would break a city bylaw.

The eight tenants received notices two weeks ago that their tenancy was being terminated so the landlord's family could use the house.

But Sue Brown, a graduate student who rents a room for $580 a month, said the house is being advertised for rent during the Games at sporteventsrentmyhouse.com.

The posting offers the home at $11,900 a week for a minimum of two weeks and $34,000 for February and March.

"It's a horrible, vulnerable, awful feeling to lose your home and have no control when it happens," Brown said.

Laura Track, a lawyer with Pivot Legal Society, said the tenants don't have much recourse because they signed leases that expire on Jan. 31.

Celine Mauboules, a housing policy planner with the city, said the temporary accommodation bylaw forbids landlords from renting properties during the Games if they've had tenants living there since June 1, 2009.

"Technically, (this landlord) wouldn't be allowed a licence," Mauboules said. "If the tenants came to us and said, 'Here's the ad (online),' we could seek an injunction or potentially fine the owner."

Calls to the landlords, Karagiozov Gerenska and Mariana Konstantin, were not returned by press time.

Bylaw fines

- Landlords found to be violating the temporary accommodation bylaw could be fined up to $2,000 a day.
- Concerned tenants can file bylaw complaints with the city at help@tenants.bc.ca or by calling 604-255-5102.

Cops to gently aid homeless inside: Chief

SHELTER ACT The furthest police will go to take the homeless into shelters during extreme weather is to use "minimal non-forceful touching," Vancouver police Chief Jim Chu said yesterday.

The Assistance to Shelter Act will start being enforced later on this week, Chu said, and how officers handle it needs to be approved by the Vancouver Police Board at a meeting tomorrow.

(It'll be the) "equivalent to the supporting hand one would use in helping an elderly person cross the street," Chu said.

Police have always been legally able to force an underage person, those heavily intoxicated or suffering from mental illness off the streets. Chu said the new legislation expands the criteria to include any homeless person.

He added that police have traditionally provided blankets and directions to shelters when they encountered people on the streets during cold spells and that police will continue to do so.

Only when an officer believes that there is a risk of imminent serious injury or death will a homeless person be touched.

"If the person refuses that assistance we will withdraw the contact immediately," Chu said. "We will continue to explore other tactics to ensure the person survives the extreme weather safely."

STIG NIELSEN/ FOR METRO VANCOUVER

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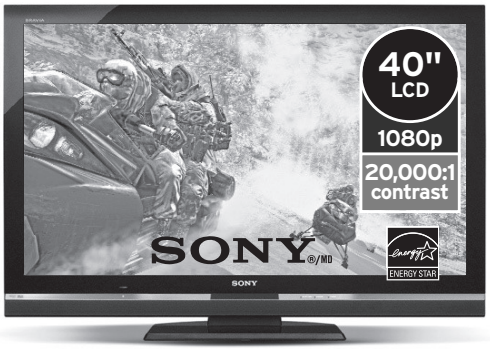

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Local

Suspects caught after robbery

Three men allegedly wielding field hockey sticks and a knife were nabbed by police in Delta after a robbery. A victim was sitting in a car in a parking lot when the suspects allegedly came up and demanded a wallet.

METRO VANCOUVER

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

News in brief

THEFT Police in North Vancouver are asking for the public's help finding the suspects who broke into a wig shop and made off with thousands of dollars in hair-loss products and wigs — all of which were brunette. Eighty per cent of customers that use the shop are cancer survivors.

COURT RCMP officer Monty Robinson, who was at Robert Dziekanski's Tasering, is at a Surrey court today facing an obstruction of justice charge in the death of motorcyclist Orion Hutchinson, 21. There will be a rally at the courthouse to protest the Crown's decision not to charge Robinson with impaired driving causing death.

ARRESTS Four people have been arrested in Abbotsford after being found with more than $1 million in stolen goods, including a dump truck, three backhoes and a bulldozer. Police say two of the suspects have "extensive criminal histories." METRO NEWS SERVICES

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WHAT'S ONLINE TODAY
Your Money Allan Small on what impact America's unemployment numbers could have at **metronews.ca /investing**
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JEFF HODSON/METRO VANCOUVER

Vancouver's Olympic Line streetcar is put onto rail tracks near the Cambie Street Bridge yesterday.

Streetcar squeezes in

Convoy arrives in city after long journey

VANCOUVER 2010 Games

JEFF HODSON
jeff.hodson@metronews.ca

The owner of a Texas-based trucking company that specializes in oversize and heavy hauling said he's moved loads that were longer, wider and heavier than Vancouver's new Olympic streetcar — but never in such tight spaces.

"The City of Vancouver is tight," said Colter Chapman after delivering the first of two streetcars that will make up Vancouver's demonstration "Olympic Line."

"It was not designed to have things of this size brought into it."

Everything went smoothly, Chapman said. The 52-metre-long tractor-trailer travelled through the city in the dead of night with a police escort to close roads.

The streetcars will offer free service between Granville Island and the Olympic Village for two months beginning Jan. 21.

About 50 people gathered in the cold yesterday morning to watch as the streetcar was slowly dragged off a purpose-built trailer, down a ramp and onto the upgraded railway tracks near the south end of the Cambie Street Bridge.

Its arrival capped a one-month, 16,835-kilometre journey from Brussels, via Germany and the Panama Canal.

It arrived in Tacoma, Wash., last week and was hauled — with police escort — through Seattle about midmorning Sunday, arriving at the border at 1 p.m.

The convoy remained at the border until midnight and got into Vancouver at about 1 a.m.

The second streetcar arrives in Vancouver Thursday.

More snowshoers saved

MT. SEYMOUR Four more snowshoers were rescued on Mt. Seymour yesterday, just one day after a man fell 400 metres to his death while snowshoeing on Goat Mountain, North Shore Rescue said.

"It was the same situation as the day before," said Tim Jones of North Shore Rescue. "These people had no business being there, unprepared for the conditions."

A member of the North Shore Rescue team happened to be on Seymour and noticed a man and woman had fallen just around the mountain's first peak. The couple had been hiking in the backcountry, off the open trails, when the woman lost her balance.

She suffered a broken arm, her companion an injured knee. Both hikers were equipped with only snowshoes. They were treated in hospital for their injuries.

Shortly after the rescue of that couple, team members came across two other men with bloody faces who had fallen elsewhere on the mountain. There is no word yet on the extent of their injuries.

"The message must get out there," said Jones. "You must be prepared for the conditions of these trails. Full crampons and ice axes are a necessity."

SEAN KOLENKO/ FOR METRO VANCOUVER

m.metronews.ca

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RCMP watchdog set to release report on Dziekanski death today

TASERING The independent body in charge of keeping watch over the RCMP will release its report today into the death of Robert Dziekanski, assessing the conduct of the four officers who repeatedly stunned him with a Taser at Vancouver's airport.

The report by the Commission for Public Complaints Against the RCMP will also look at the subsequent police investigation of his death, which has come in for harsh criticism as details have emerged at a B.C. public inquiry.

Commission chairman Paul Kennedy will be in Vancouver to release his findings about what happened in the early morning of Oct. 14, 2007.

While Kennedy's jurisdiction is clear, there are persistent questions and an ongoing legal challenge by the officers involved over whether the public inquiry has any power to pass judgment on members of a national police force.

THE CANADIAN PRESS

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Office space for non-profits, governments in Woodward's
The Woodward's project includes 31,500 square feet of office space for non-profit organizations, as well as 59,329 square feet for federal and city governments. METRO VANCOUVER

PHOTO COURTESY OF LBMG

An aerial photo of the Woodward's building in 1946 during its heyday.

SEAN KOLENKO/FOR METRO VANCOUVER

The 32-storey building in the new Woodward's complex as seen from a nearby alley yesterday.

Woodward's food floor opens

New project hopes to revitalize area, revive shopping tradition

SEAN KOLENKO
for Metro Vancouver

For the first time in 16 years, the Woodward's food floor will open to the public, with some hailing it as helping revitalize the neighbourhood and others claiming the further gentrification is making the area unaffordable.

Today, Nester's Market is opening at the corner of Hastings and Abbott streets as part of a development that includes a London Drugs, a future SFU campus and a mix of for-profit and affordable housing units.

To Jim Kerr, director of the Downtown Eastside Residents' Association, the new food floor is irrelevant for most who live in the area.

"The people my organization represents have bugs and cockroaches in their nests," said Kerr.

"The whole Woodward's project, however successful, is just one more attempt to clean up the neighbourhood."

Old ritual

- The food floor closed in 1993 when Woodward's went bankrupt.

Sam Corea, a spokesperson for Nester's, said his company is honoured to be part of that cleanup and to be at such an iconic Vancouver location.

Corea fondly remembers his parents shopping at the Woodward's building as a child.

"My mom and dad used to take the bus down to Woodward's. I was young, but I remember it being a ritual. We hope we can do that again here," he said.

Pinky Barua, owner of the Victory Food Market across the street, is happy the neighbourhood will look a little nicer, but is concerned about the competition.

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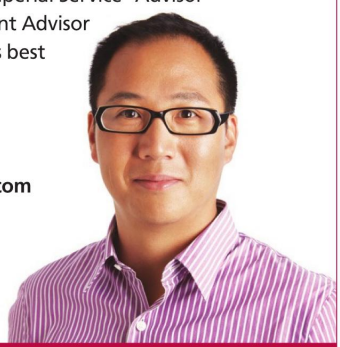

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Clean your sidewalks: City
The City of Vancouver is reminding property owners and occupants that all sidewalks must be cleared of ice and snow by 10 a.m. each day. METRO VANCOUVER

JEFF HODSON/METRO VANCOUVER

VANOC director Rusty Goepel hands the key to Vancouver's Athlete's Village to Rick Hansen and other Olympic "mayors" at VANOC's headquarters in Vancouver yesterday.

'Mayor' Hansen to welcome athletes

Man in Motion helping at Athlete's Village

VANCOUVER 2010 Games

Man in Motion Rick Hansen will be among eight Olympic and Paralympic "mayors" of the Athlete's Villages, VANOC announced yesterday.

The honorary mayors, two per village per Games, will welcome athletes and help create a supportive environment that enables them to do their best, as well as socialize and celebrate their triumphs.

Hansen, who competed in the 1984 Olympics in Los Angeles (demonstration wheelchair races), will be one of the two mayors at Vancouver's village during the Games.

"We want to create an optimal experience for the athletes who are coming here to achieve the best performance of their lives," Hansen said. "We want them to feel at home in these villages."

Tricia Smith, an Olympic silver medalist (rowing), will be mayor with Hansen in Vancouver, while in Whistler the co-mayors will be former skier Anna Fraser Spoule and basketball player Alan Kristmanson.

During the Paralympics, the Vancouver mayors will be Doug and Dianne Clement while the Whistler mayors will be wheelchair basketball players Marni Abbott-Peter and Patrick Anderson.

JEFF HODSON/METRO VANCOUVER

Inquest sees videos of mangled van

FARMWORKERS A coroner's inquest into the deaths of three female farmworkers killed in a crash two years ago opened with a video showing the mangled van they died in.

The video shows the van upside down on a concrete median on the highway in Abbotsford, with yellow tarps covering the bodies where they lay on the pavement.

Inside the van, the video shows blood on a wooden bench put in the place of seats in the rear — a bench that had no seatbelts and nails coming through.

The coroner's jury has heard that the van had a mish-mash of tires, and an earlier investigation found that the van had only two seatbelts but 16 passengers.

Amarjit Kaur Bal, Sarabjit Kaur Sidhu and Sukhwinder Kaur Punia were all killed in the crash.

Van driver Harwinderpal Kaur Gill pleaded guilty last year to driving without due consideration and driving without a proper licence, and was fined $2,000 and banned from driving for a year.

THE CANADIAN PRESS

Newly completed Aboriginal Pavilion will showcase culture

VANCOUVER 2010 Games

INDIGENOUS Another Olympic milestone was reached yesterday with the completion of construction on the 2010 Aboriginal Pavilion, a Coast Salish longhouse-style building that will house a 1,500-square-foot trading post.

Chief Leonard Andrew of the Lil'wat Nation said the 2010 Games represent a turning point in First Nation history.

"For the first time in Olympic and Paralympic history, indigenous peoples are official partners in hosting the Games."

The pavilion, which is on the plaza of the Queen Elizabeth Theatre near B.C. Place, will include a 65-foot translucent dome to be added days before the Games begin.

Events will include traditional and contemporary performances from First Nations, Inuit and Métis artists, and nightly multimedia experiences showcasing aboriginal culture.

METRO VANCOUVER

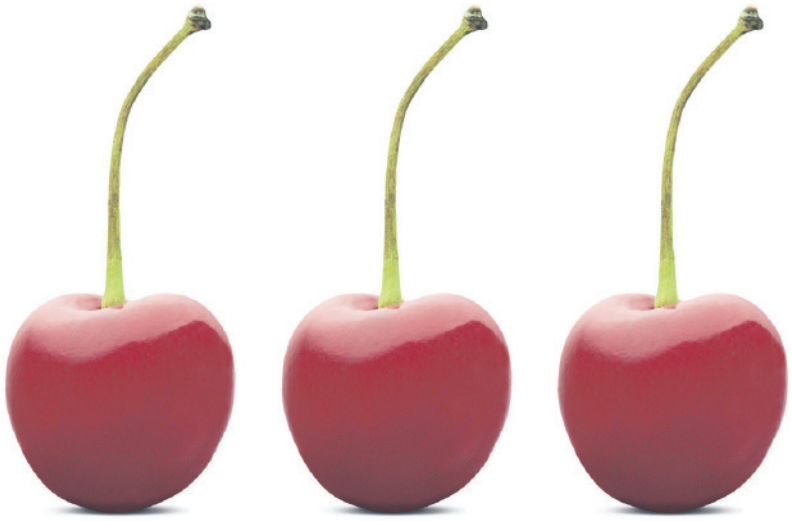
News in brief

JOBS The University of B.C. is holding a mini Winter Games hiring fair at Brock Hall from 10 a.m. to 3 p.m. tomorrow.

STABBING A 31-year-old Langley man has been charged after a 19-year-old Good Samaritan was stabbed repeatedly while attempting to stop a man from beating a woman in downtown Vancouver.

ESCAPE Crown has given RCMP permission to release the identity of a teenager they call a prolific offender who escaped from the Burnaby Youth Detention Centre. Corey Real Gatey, 17, and an 18-year-old who was caught on Saturday, escaped from custody on Dec. 2.

METRO NEWS SERVICES



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Diabetes numbers expected to rise

The number of Canadians diagnosed with diabetes and its cost to the economy are expected to soar over the next decade, says a report by the Canadian Diabetes Association, which is calling for urgent action to stem the tide of disease. THE CANADIAN PRESS

Canada

Minister found guilty in fraud case

Former Newfoundland and Labrador Liberal cabinet minister Jim Walsh, left, was found guilty yesterday of two of three charges for his role in the province's constituency allowance spending scandal. Provincial court Judge David Orr convicted Walsh of fraud over $5,000 and breach of trust by a public officer. Walsh was acquitted on a charge of frauds on government, also known as influence peddling. THE CANADIAN PRESS

Greenpeace takes the Hill

Protesters climb to roof of Parliament buildings, unveil banners

Go Green

The RCMP are investigating how 19 Greenpeace protesters in blue jumpsuits and white climbing helmets were able to scale two buildings on Parliament Hill undetected and unveil huge banners from the roof.

It's believed the 14 protesters who climbed to the roof atop the West Block used scaffolding at the back of the building to gain access at about 7:30 a.m. yesterday.

The last of them, dangling from ropes at the edge of the steeply pitched roof, were removed by an aerial fire ladder at midmorning.

But the RCMP, who are responsible for security outside of the Parliament buildings, would not immediately confirm anything.

"Right now it's still under investigation," said spokeswoman Caroline Poulin.

Security on Parliament Hill has been increased in the wake of the terrorist attacks of September 2001. RCMP will no doubt face tough questions about how a group of protesters could easily gain such access to Parliament Hill buildings in the light of day.

Five protesters were escorted off an entrance-way tower to the Senate in the Centre Block about one hour after staking their ground and unfurling a large banner saying Stop the Oil Sands.

"We thought it was time to bring the message home."
Christy Ferguson, Greenpeace Canada

Police used a fire truck-mounted ladder to get them down.

But it took more than two hours before police were able to make their way to the West Block roof, where protesters had hung massive banners that targeted both Prime Minister Stephen Harper and Liberal Leader Michael Ignatieff for their climate change policies.

The activists rappelled from a wrought iron fence which rings the roof of the West Block and unfurled banners saying Harper-Ignatieff: Climate Inaction Costs Lives in English and French.

Dozens of officers from Ottawa police, Parliament Hill security and the RCMP swarmed the ground beneath the dangling protesters. Fire trucks and ambulance were also on hand, while police fretted about bystanders slipping on the ice. A helicopter and an airplane circled overhead.

Greenpeace said its people did not face any problems climbing the buildings earlier this morning.

The activists have been targeting the oilsands operations in Alberta, but now they want to highlight the government negotiations in Copenhagen this week. There, world leaders are meeting to hash out a new global pact to prevent climate change.

"We thought it was time to bring the message home," said Christy Ferguson, spokesperson for Greenpeace Canada.

THE CANADIAN PRESS

Canadians want harder climate targets: Poll

Go Green

GREENHOUSE GASES Most Canadians don't agree with a key position of the Harper government on climate change as a major UN conference opens in Copenhagen, a new poll suggests.

The Conservatives have doused hopes of a Copenhagen deal to replace the Kyoto Protocol, saying Canada has set its greenhouse-gas emission targets and won't budge unless developing countries sign on.

But 64 per cent of respondents to a survey by The Canadian Press Harris-Decima said industrialized nations have a responsibility to commit to higher and harder targets than developing countries.

Most also want to see a binding agreement come out of Copenhagen, and 81 per cent said Canada should act independently of the United States.

The Conservatives insist Canada must tie its policy to that of the U.S. because of the countries' extensive economic relationship.

The survey also shows that 46 per cent of respondents would like to see Canada play a lead role at the conference.

"The number of people in society who feel like this is something that requires action is high," said Doug Anderson, senior vice-president of Harris-Decima.

"But most Canadians are still not at that emotional, 'I'm willing to step out of my house and go to a protest' kind of a situation on this."

THE CANADIAN PRESS

Lindhout has left Nairobi, family spokesperson says

FREED A family spokeswoman confirmed yesterday that an Alberta woman recently freed after 15 months of captivity in Somalia is returning to Canada this week.

Sarah Geddes said in an email freelance journalist Amanda Lindhout and her family have left Nairobi.

Geddes said no other details are being released because the family has requested privacy.

Reports have suggested that the Canadian government would send a plane to Kenya to bring her home, but Foreign Affairs officials citing privacy concerns have not commented.

Lindhout and Australian photographer Nigel Brennan had been staying in Nairobi for medical treatment since they were freed Nov. 25. THE CANADIAN PRESS

NDP unites in attempt to stop harmonized tax

HST As HST legislation moves closer to passing in both Ottawa and at Queen's Park, NDP leaders are warning the new levy will help Bay Street on the backs of Main Street.

Ontario NDP Leader Andrea Horwath and B.C. NDP Leader Carole James joined federal leader Jack Layton yesterday in solidarity against the harmonized sales tax, which melds provincial sales taxes with the federal GST.

"It's basically kicking people when they are already down in terms of their financial situation," Horwath said.

"Ontarians have loudly and clearly rejected the idea of shifting the tax burden onto the backs of consumers while giving the corporate sector a huge tax giveaway."

She and James emphasized the overwhelming majority of taxpayers in both provinces oppose the tax, which will increase levies on hundreds of goods and services, including home heating fuel, gasoline, taxi fares, haircuts and legal fees.

FRED CHARTRAND/THE CANADIAN PRESS

Ontario NDP Leader Andrea Horwath, left, federal NDP Leader Jack Layton and British Columbia NDP Leader Carole James express their opposition to the HST being imposed on families in their respective provinces, in Ottawa yesterday.

But HST supporters say it will reduce taxes for businesses and those savings could be used to hire more employees.

In Ontario, the levy will be 13 per cent while in B.C. it will be 12 per cent. The tax will take effect on July 1 in both provinces.

Last week, in a 192-32 vote, the Conservatives, Liberals and Bloc Québécois supported a ways and means motion amending the Excise Tax Act, one step toward implementing the blended tax.

Federal governments of various political stripes have been urging the provinces for years to harmonize the GST and the provincial sales taxes.

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Yukon sends 12 people to Denmark climate talks
When a dozen delegates from the Yukon land in Denmark, the territory will be among the best-represented jurisdictions in Canada. THE CANADIAN PRESS

Liberals deny plot to remove Iggy

Embattled Ignatieff declares that any rumours of a coup attempt are just gossip

Liberal Leader Michael Ignatieff is shrugging off rumours of coup plots against him as "gossip," not to be taken seriously.

Ignatieff was responding to a column in Sunday's Toronto Star, which alleged that discontented MPs met with Bob Rae last week and vented their frustration with Ignatieff's leadership.

Rae and almost all the MPs mentioned in the story issued swift denials to the Star as soon as it appeared on the weekend, calling it "fiction."

"I think it starts by not taking Angelo Persichilli too seriously," Ignatieff said, referring to the author of the Star column. "Look, this is a tempest in a teacup. This is not serious business. There's journalism … and then there's gossip. And this is gossip."

"The column is a fiction of the columnist's own device."
MP Carolyn Bennett

"I was a participant in the conversation (cited in the column)," Toronto MP Carolyn Bennett said, "and Mr. Persichilli was not.

"I participated in a conversation about ensuring that Michael Ignatieff becomes the next prime minister of Canada. The column is a fiction of the columnist's own device."

Persichilli said he had not expected anyone to publicly confirm the column.

"I stand by my story," he said. "As for the credibility, I don't know who's more credible — someone who says that the Liberal party is divided or someone who says that it's united."

Tomorrow Ignatieff will mark one year since he landed in the top Liberal job, after Rae pulled out of the contest to replace Stéphane Dion. The party has its Christmas bash that night, but holiday cheer may be in short supply.

Though Ignatieff experienced a honeymoon in public opinion for the first six months of his reign, the past six months have been bruising ones, seeing Liberals at historic lows in the polls and featuring resignations, firings and organizational chaos.

This week, Ignatieff has the headache of the harmonized sales tax legislation and the potential for caucus dissent among B.C. and Ontario MPs who oppose the HST. TORSTAR NEWS SERVICE

Low prices make sealers stay home

HUNT Hardy Troake loves being a fisherman just as much as his father, and his father before him, loved a life earned from the sea. But it's a passion he hopes will wane in his own young son.

For the first time in 38 years, Troake, 53, stayed warm onshore last spring rather than risk the ice-laden North Atlantic, hunting seals for $14 a pelt. Prices plunged from a high of $105 in 2006 as the global recession drove down demand for fur and the European Union mulled an animal rights-fuelled ban on seal products.

The Department of Fisheries and Oceans reported in May that just 306 sealing enterprises from Newfoundland and Labrador took part this year, compared to 977 last year.

THE CANADIAN PRESS

News in brief

OILSANDS An independent study suggests that pollution from Alberta's oilsands is nearly five times greater than official estimates. The study says toxic emissions from the controversial industry are the equivalent of a major oil spill repeated every year. Government and industry officials have said contamination in the area's soil and rivers occurs naturally, but the report links it firmly to oilsands mining.

THE CANADIAN PRESS

TASOS KATOPODIS/GETTY IMAGES

Former Hollinger International CEO Conrad Black leaves U.S. federal court in this June 27, 2007 file shot.

Black's appeal heading to U.S. Supreme Court

LAW Conrad Black is taking his fight to the U.S. Supreme Court in a last-ditch appeal that, if successful, could grant him the vindication he has long dreamed of and cast doubt on a controversial law used to trap white-collar criminals.

Black, a member of the British House of Lords, has been serving a 6½-year prison term at the federal prison in Coleman, Fla., for fraud and obstruction of justice. He will not be present at the hearing in Washington today.

His lawyers have readied an attack that focuses on the right to honest services — a concept developed to convict corrupt politicians who were seen as defrauding the public of their "honest services" as public servants — and whether it should apply to private conduct.

In documents filed ahead of the hearing, lawyers for Black and two co-defendants argue the government stretched that concept to fit the men's crimes and based it on the evidence of David Radler, the prosecution's star witness.

The U.S. government, for its part, says a proper reading of the law means the convictions must stand, and argue the trial jury was given all the proper instructions relating to honest services fraud.

James Morton, a Toronto criminal lawyer who has followed Black's case, said a win is unlikely, adding he wouldn't put Black's chances above one-third.

THE CANADIAN PRESS

Harper tries to woo South Korea

TRADE Canada must look to the East for economic opportunities because its traditional trading partners, the U.S. and Europe, will be mired in slow growth for some time, Prime Minister Stephen Harper said yesterday as he wrapped up his visit to South Korea.

Harper said Asia is becoming the world's economic engine and Canada has the natural resources the region needs to fuel its economies.

"The great opportunity is obviously in the Asia-Pacific region."
Stephen Harper

"We have every reason to believe that the markets in the United States and Europe ... will probably experience continued slower growth for some time to come," Harper said.

"So the great opportunity is obviously in the Asia-Pacific region."

Besides resources, Harper said Canada has other advantages, like deep cultural links that "should give us somewhat of a privileged position as we move forward into the future."

The prime minister commented after a two-hour meeting with Korean President Lee Myung-bak at the conclusion of what has been a sometimes rocky six-day tour of China and South Korea.

Harper and Lee emerged from their talks at the palatial Blue House in downtown Seoul proclaiming they would redouble efforts to reach a comprehensive trade deal that has eluded the two nations for years.

Both also pledged to work on lifting the six-year import ban on Canadian beef, although Lee noted it is a "sensitive issue" in Korea.

Talks on both issues have met strong domestic lobbies — the auto sector in Canada which complains it is being deprived access to Korean markets, and Korean farmers seeking protection from importers.

Though promises were made, there were no breakthroughs for Harper in South Korea during his one-day visit, which was highlighted by his address to the national assembly — a first for a Canadian prime minister. THE CANADIAN PRESS

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Barack Obama dispatches a top envoy to North Korea in an effort to ease tensions on the peninsula. Scan this barcode for the full article.

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Chimp's owner won't be charged: Prosecutor

A Connecticut prosecutor does not plan to charge the owner of a chimpanzee that mauled and blinded a woman in February. A person with direct knowledge of the investigation tells The Associated Press that no charges are planned against chimp owner Sandra Herold. THE ASSOCIATED PRESS

World

Red Baron's death certificate found

A Polish historian says he made a surprising find when poring through First World War archives — the death certificate of Manfred von Richthofen, left, the German fighter ace known as the Red Baron. Maciej Kowalczyk said yesterday that he found the file last month while going through old German archives in the western Polish city of Ostrow Wielkopolski. The area was formerly German, and Richthofen was briefly stationed there. THE ASSOCIATED PRESS

Protests return to streets of Iran

TEHRAN Tens of thousands of students, many shouting "Death to the dictator!" and burning pictures of Iran's supreme leader, took to the streets on more than a dozen campuses yesterday in the biggest anti-government protests in months. Riot police and pro-government Basij militiamen on fleets of motorcycles flooded Tehran's main thoroughfares, beating men and women with clubs as crowds of demonstrators hurled bricks and stones. THE ASSOCIATED PRESS

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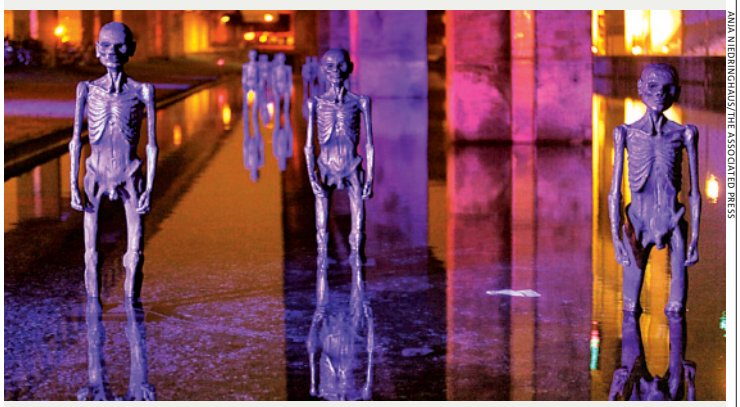
Diplomats ease fears that the Italian conviction of U.S. student Amanda Knox will lead to a crisis between the two nations. Scan this barcode for the full story.

Denmark **Climate conference opens**



ANJA NIEDRINGHAUS/THE ASSOCIATED PRESS

Illuminated sculptures outside the Bella Centre, site of the Climate Conference in Copenhagen, Denmark, yesterday. The largest and most important UN climate change conference in history opened with organizers warning diplomats from 192 nations that this could be the best, last chance for a deal to protect the world from calamitous global warming.

News in brief

PAKISTAN Separate bombings in the Pakistani cities of Lahore and Peshawar killed 46 people yesterday, as militants struck back in the wake of an army offensive against a Taliban stronghold near the Afghan border.

CHINA Eight students were killed and 26 injured in a school stampede in Hunan province. THE ASSOCIATED PRESS

Step clears way for U.S. controls

The Obama administration took a major step yesterday toward imposing the first U.S. government limits on climate-changing pollution from cars, power plants and factories, declaring there was compelling scientific evidence that global warming from manmade greenhouse gases endangers Americans' health.

Go Green

The announcement by the United States Environmental Protection Agency was clearly timed to build momentum toward an agreement at the international conference on climate change that opened yesterday in Copenhagen, Denmark.

It signalled the administration was prepared to push ahead for significant controls in the U.S. if Congress does not act first on its own.

The EPA finding clears the way for rules that eventually could force the sale of more fuel-efficient vehicles and require plants to install costly new equipment or shift to other forms of energy.

Energy prices for many Americans probably would rise — although yesterday's finding will have no immediate impact since regulations have yet to be written.

Supporters of separate legislation in Congress argue they could craft measures that would mitigate some of those costs. THE ASSOCIATED PRESS

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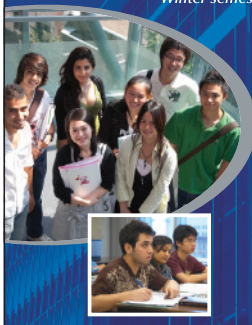

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Culinary Arts Friday, Dec. 11, 9:30 a.m. – room 305B	Downtown
Hospitality Management Saturday, Dec. 12, 11 a.m. – room 420	Downtown
Community Counselling / Addiction Counselling Skills Tuesday, Dec. 15, 6:30 p.m. – room 420	Downtown
English as a Second Language Wednesday, Dec. 16, 6:30 p.m. – room 1212	Broadway

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Hawaii surfers anticipate biggest waves in years
Thousands of spectators and surfers are flocking to Hawaii's beaches to see the biggest waves in years crash ashore. THE ASSOCIATED PRESS

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Canada jokes 'all in good fun': Ohno

Apolo Anton Ohno doesn't think Stephen Colbert is a jerk.

Responding to criticism of the mock pundit by U.S. speedskating star Shani Davis, teammate Ohno said yesterday he's amused by Colbert's antics — including a contrived feud with Olympic host Canada — and is glad that he stepped on board as the primary sponsor of the American team. That effort has raised more than $250,000 US, nearly making up a shortfall that resulted when the previous sponsor went bust.

Last week, Davis, a 2006 gold medallist on the long track, called Colbert "a jerk," apparently in reference to the comedian making light of actual complaints that Canada has limited training time for foreign athletes at the Richmond venues in hopes of gaining a home-ice advantage during the Olympics.

Stephen Colbert

The host of The Colbert Report recently launched a letter-writing campaign urging the Canadians to quit being "ice-holes."

"I have not talked with Shani about that yet," Ohno said. "I don't know what his reasons were for saying that. I can't speak on his behalf, but it was an interesting comment."

Ohno, a two-time Olympian who has won two golds and five medals overall in short track speedskating, said he's a fan of Colbert.

"I think he's funny," Ohno said. "Our country is kind of in need of some humour right now, and it's all for a good cause."

What about Colbert's shots at Canada, which have included calling the neighbour to the north "syrup suckers?"

"It was a joke," Ohno said. "It was all in good fun. I just enjoy it."

U.S. Speedskating is certainly enjoying its relationship with Colbert, who offered his website to raise funds after Dutch bank DSB went bankrupt in October. In return, most American skaters are wearing the "Colbert Nation" logo on their suits and the comedian is getting a chance to have some fun.

THE ASSOCIATED PRESS

Student ordered to destroy music

BOSTON A graduate student who must pay four record labels a combined $675,000 US in damages for downloading and sharing songs online has been ordered to destroy his illegal music files — but a judge declined to force him to stop promoting the activity that got him in trouble.

Joel Tenenbaum, a Boston University student, was ordered yesterday to refrain from future copyright violations and to destroy copies of recordings he downloaded without authorization.

Record companies wanted U.S. District Judge Nancy Gertner to go further. They claimed Tenenbaum has been encouraging people to visit a Swedish website where they can illegally download the songs he was sued for sharing.

Tenenbaum said he had nothing to do with the website, and Gertner said she would not attempt to silence Tenenbaum's criticism of the recording industry and copyright laws.

In July, a federal jury in Boston ordered Tenenbaum to pay $675,000 to four record labels for downloading and distributing 30 songs.

THE ASSOCIATED PRESS

Paraguay becomes pot capital

SOUTH AMERICA Paraguay has become South America's leading marijuana producer, its interior minister acknowledged in an interview. The latest UN World Drug Report estimates that Paraguay's pot industry grew 5,900 tons of the weed last year, more than half the continent's entire clandestine production. Of that, agents destroyed 173 tons, according to the country's Anti-Drug Secretariat.

THE ASSOCIATED PRESS

Florida teen says she was refused interview because of gender
A transgender teen says managers at a McDonald's in Florida discriminated against her when they refused to interview her for a job. THE ASSOCIATED PRESS

N. Korea grilled by UN

North Korea made a rare appearance before a UN human rights organization yesterday, facing accusations of widespread abuses such as forced labour, public executions and torture.

The communist state, which also was accused of allowing its population to go hungry and forcing women prison inmates to have abortions, defended itself before the Human Rights Council during a three-hour session in surprisingly candid language.

At one point, it said public executions were carried out at request of victims' families.

But North Korean Ambassador Ri Tcheul also told delegations the hearing was "unpleasant."

Limited arable land and natural disasters have prevented the government from being able to feed the entire population, Ri said. But he said the situation has improved in recent years.

Diplomats weren't convinced.

Canada's representative, John Von Kaufmann, was among those who urged the mostly closed communist country to allow aid workers to bring food to the chronically undernourished population.

New Zealand's official, Wendy Hinton, said children and women are severely malnourished because the military has priority in receiving food.

The UN estimates that 8.7 million people need food in North Korea.

THE ASSOCIATED PRESS

Suspect in Danish terror plot also linked to Mumbai attacks

CHARGES A Chicago man accused of planning an armed attack on a Danish newspaper was charged yesterday with conducting surveillance on potential targets in the Indian city of Mumbai before terrorist attacks there in 2008 that killed 166 people.

David Coleman Headley was charged with 12 counts, including six counts of conspiracy to bomb public places in India, to murder and maim individuals in India and Denmark and other offences. He could be sentenced to death if convicted on the charges involving the terrorist attacks in Mumbai.

Headley's attorney John T. Theis said he would "continue to look at this and see what the evidence is," but declined to comment further.

Headley, 48, an American citizen formerly named Daood Gilani, and Chicago businessman Tahawwur Rana, 48, a Canadian national, were charged in October with plotting to attack the Jyllands Posten newspaper.

THE ASSOCIATED PRESS

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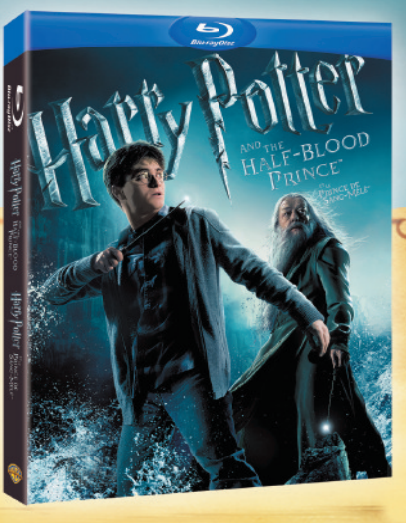

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Comment

Tories late to the table

You don't have to look too closely to notice a pattern in our governing Conservatives. They're late learners.

On two of the biggest trendlines of our time — global warming and the rise of China — they are among the last to the table.

In South Korea yesterday, Prime Minister Stephen Harper stated what has been obvious for many years — that Canada must increasingly look to the Asia-Pacific region for opportunities because it is the world's big growth area. He had come from China where he was scolded by the leadership for taking almost four years to visit.

Soon he will be off to Copenhagen for the UN climate change summit. A week ago, he was at a Commonwealth meeting in Trinidad, where Ottawa's foot-dragging on that issue was singled out by the UN Secretary General, as well as other leaders.

In Denmark he may surprise us and signal, as he did on trade with China, a new seriousness about the global warming issue. But even if he does, opposition critics have a right to wonder what took so long.

One explanation is Harper was a neophyte in foreign affairs when he became prime minister. His experience had been insular. He faced a steep learning curve. Another was his strong ties to his conservative roots. Conservatives believed Canada's economic future lay in an ever-closer economic partnership with the United States. As for global warming, they were longtime non-believers, as exemplified by the PM once labelling the Kyoto accord a socialist scheme.

"Conservatives understandably loathe the idea of new taxes but, as on other matters, old beliefs have to be adjusted to fit new circumstance."

For him and his party to get beyond the old-time religion has been a tough challenge. It was evident, too, in the Tories' handling of the economy. We recall little more than a year ago when the PM and his finance minister were among the last of the Western leaders to recognize the oncoming recession. They were holding to the view that there would be balanced budgets for years to come, that no great spurt of stimulus funding was necessary. They were then smart enough to abruptly switch course and bring in Keynesian-styled economic strategies that ran against party dogma.

Another breaking-with-dogma test will be on the subject of taxation. To date, the government is holding to the line that, despite a deficit bordering on $60 billion, no new taxes need be introduced to address it and avoid what many economists foresee as a structural deficit. Conservatives understandably loathe the idea of new taxes but, as on other matters, old beliefs have to be adjusted to fit new circumstance.

Hopefully, the gang that shoots late has learned by now that the adjustments shouldn't take years to come.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

MICHAEL DE ADDER

Views

Structural leeway enables white-collar crime

If PricewaterhouseCoopers' annual survey is an accurate indicator, economic or "white-collar" crime in Canada is growing at a disturbing rate, and far faster than in other developed countries.

The accounting giant, which has been toting crime statistics in 26 nations for the past five years, finds, that in 2009, 56 per cent of Canadian companies surveyed reported instances of fraud, a 10 per cent increase since 2003. Globally, only 30 per cent of companies reported frauds this year, compared to 37 per cent in 2003.

The accounting firm's survey focuses on the various types of fraud — asset theft, accounting offences, money laundering, bribery and corruption — that are either perpetrated on companies by their own employees (59 per cent of the cases in 2009) or by outsiders including customers and suppliers (38 per cent of cases). The survey also makes the sobering point that economic downturns, such as the one we're in, increase "both the motivation and opportunity to commit fraud," just when cost-conscious companies are cutting back on resources used to assess risks and provide internal controls.

Still, this understates the problem of economic crime in Canada. What the survey doesn't delve into, however, is our longstanding structural predisposition toward fraudulent behaviour. Generally accepted Canadian accounting principles have long drawn criticism for the generous leeway they allow public companies to creatively shape financial results. This situation will only worsen when Canada adopts the new global accounting benchmark — International Financial Reporting Standards — in 2011. Even more than the current system, IFRS will allow companies leeway to make judgment calls when presenting results.

It hardly helps that Canada stumbles along with a network of 13 provincial and territorial securities commissions, most of which are ineffective at identifying or pursuing fraud.

To be fair, some progress is in the offing. Federal Finance Minister Jim Flaherty has been resolute in campaigning for a national securities commission against the parochial objections of Alberta and Quebec in particular. And in late October, the federal government introduced legislation to amend the criminal code to provide tougher sentences and other strictures against convicted fraudsters. The bill is currently at the committee stage.

Canada is taking baby steps when it should be making great strides, but some progress is better than none at all.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

Worth mentioning

Texas man gives Santa a Renaissance makeover

A Texas homeowner who adorned his front lawn with Michelangelo's David as a scantily clad Santa got more than just jolly laughs from his neighbours.

Barry McBee says he was aiming to make people chuckle by adding a Santa hat and white beard to the 1.5-metre-tall replica of the Renaissance statue with six-pack abs — an image at odds with usual depictions of a fat, jolly St. Nick.

Then, parents started calling Big Spring city officials saying their children were asking why Santa was naked.

"I just like to shock people to make them laugh, kind of break the monotony around here."
Barry McBee

"I just like to shock people to make them laugh, kind of break the monotony around here," said McBee, who has all kinds of animal yard ornaments in his garage. "I just bring them out occasionally."

Last week, code enforcement officials received an informal complaint and an officer went to photograph where McBee had placed the statue, which is normally in the backyard.

McBee eventually put a pair of black and white faux-velvet shorts, with a Christmas bow, on the statue.

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Sesame Street toys find new home in Hasbro
Toy-maker Hasbro Inc. said it will make and market toys and games based on Sesame Street characters starting in 2011. The deal takes the licence away from Mattel Inc. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Pension trustees 'totally failed': Judge

The trustees of Canada's biggest private sector, multi-employer pension plan "totally failed" in restricting how much money the fund poured into questionable Caribbean hotels and resorts, a court has ruled.

Justice Beverly Brown of the Ontario Court of Justice ruled yesterday that trustees of the Canadian Commercial Workers Industry Pension Plan did nothing to make sure they limited investments in the Caribbean ventures to 10 per cent or less of the book value of the plan's assets in 2002 and 2003.

Brown said she heard no evidence at the trial into alleged breaches of the Ontario Pension Benefits Act that the plan's 10-member board of union and company trustees ensured a special investment committee complied with requirements to limit exposure.

"The only inference that can be drawn from the record, in the face of the clear duty of the members of the board of trustees to prudently and reasonably supervise the investment committee members in this regard, is that they totally failed in the duty to supervise with respect to the quantitive limits," Brown said in her ruling.

The Financial Services Commission of Ontario charged the trustees in 2006 with 15 act violations, including "failing to exercise the care, diligence and skill" in running the plan that prudent people would expect in handling another person's money.

But Brown dismissed most of the other charges against the trustees relating to the handling and propriety of the investments after the Crown did not introduce any expert testimony at the trial.

TORSTAR NEWS SERVICE

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ScanLife
Fed chairman Ben Bernanke cautions that it's too early to judge the strength of the economic rebound. Scan this barcode for the full story.

Court EBay vs. Craigslist

BRADLEY C BOWER/THE ASSOCIATED PRESS

California gubernatorial candidate and former EBay CEO Meg Whitman arrives at court to testify in the civil trial between eBay and Craigslist yesterday in Georgetown, Del. The trial may be the first of a two-part, cross-country courtroom brawl between the online giants over their competing classified advertising businesses. Whitman allegedly oversaw eBay's aggressive 2004 purchase of a 28 per cent stake in Craigslist.

Building permits rose to $6.1B in October

GAINS The value of building permits in Canada rose 18 per cent in October to $6.1 billion, led by gains in the value of non-residential permits and in construction intentions for single-family dwellings.

Statistics Canada said the value of residential permits climbed 3.8 per cent to $3.4 billion, the third consecutive monthly increase. Most of this growth came in Ontario and Quebec.

THE CANADIAN PRESS

Business in brief

STOCK Shares of BlackBerry-maker Research In Motion have taken a three per cent jump after the smartphone maker announced plans to increase its business in China.

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

6 steps to help you cope with pink slips

AlisonOnMoney

The experts' proclamations about the end of the recession doesn't ease the pain of job loss, especially at this time of year. Here are six steps to help you through it.

1 Face up to the facts. The very worst thing you can do is retreat into a shell of denial. Some people even go to the extent of pretending they haven't lost their jobs. There's no shame in it, so spend your emotional energy on finding another one.

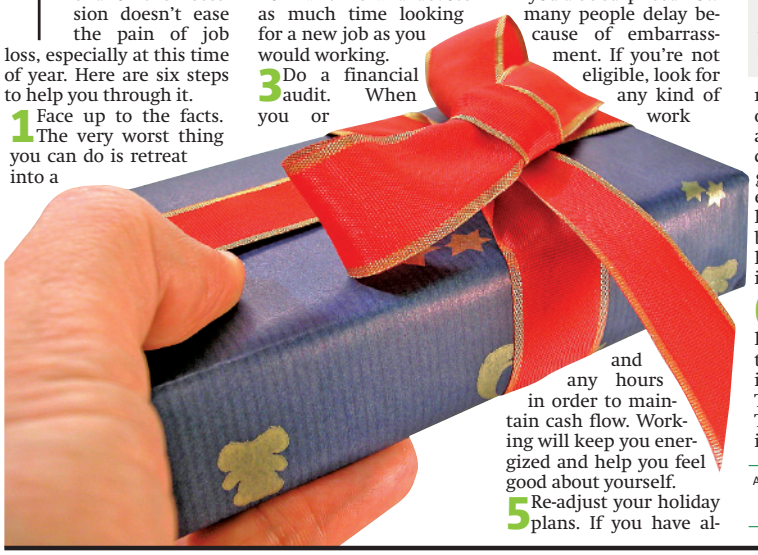
2 Keep to a routine. Jobs provide structure. Without it, days become aimless and despondency can set in. Get up at your normal time and devote as much time looking for a new job as you would working.

3 Do a financial audit. When you or your spouse is out of work immediately inventory your debts and assets, income and expenditures to determine how much shortfall you might face. Then be pro-active and adjust your spending accordingly.

4 Go for quick cash. If you are eligible for employment insurance apply for it immediately — you'd be surprised how many people delay because of embarrassment. If you're not eligible, look for any kind of work and any hours in order to maintain cash flow. Working will keep you energized and help you feel good about yourself.

5 Re-adjust your holiday plans. If you have already purchased gifts for other adults, return them and focus on your children if you have any. Kids get stressed when parents lose jobs, so try to keep things normal. But be upfront with them to keep their expectations in check.

6 Ask for help. If you are the holiday dinner host or like to entertain, tell your friends and family about your situation. Trust them to pitch in. This is the season of giving, after all.



Alison's Money Rule:

• Losing a job is akin to dying, though not nearly so final. There's no real way to prepare for the pink slip, but there are a few rules about what to do afterwards.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Year-end tax strategy a holiday season gift

Financial experts say planning ahead is one of the best gifts you can give to yourself this holiday season. Consumers can take advantage of year-end tax deductions by splurging on home renovations or paying for a new TV from a tax-free savings account.

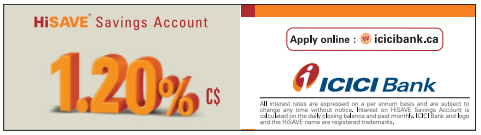
Aurele Courcelles, director of tax and estate planning at Investors Group, said a number of items require action before year end in order to be claimed on a 2009 tax return.

The time frame in which to use the temporary home renovation tax credit is coming to an end Feb. 1.

Carol Bezaire, vice-president tax and estate planning at Mackenzie Financial, offered a way to justify a pricey holiday purchase — by paying for it from a tax-free savings account. Any amount withdrawn by the end of December will be added to the contribution room for next year.

Courcelles said another good general strategy to see returns as quickly as possible is to ensure year-end payments on expenses with tax benefits attached, including child care, investment loans, alimony payments and deductible moving expenses.

THE CANADIAN PRESS



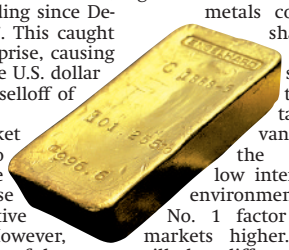
Gold could lose its shine if U.S. dollar strengthens

Investing

The U.S. unemployment rate ticked down for the first time in many months — 11,000 jobs were lost, the best reading since December 2007. This caught many by surprise, causing a spike in the U.S. dollar and a quick selloff of gold.

The market continues to rise on the back of these more positive numbers. However, perhaps some of the more "crowded trades" of this past year such as the shorting of the U.S. dollar and the buying of gold may be slowing down.

Precious metals and in particular gold has been a great asset class to be invested in over the last few years. My main message is to be careful. If the U.S. dollar begins to strengthen there could be a mass exodus from the yellow metal. Just as investors have been buying gold quite rapidly over the last year, many could begin to sell just as quickly and the price for gold and other precious metals could fall sharply.



We still need to try to take advantage of the current low interest rate environment, the No. 1 factor driving markets higher. Things will be different when rates begin to rise at some point next year.

Allan Small can be reached at asmall@dundeesecurities.com The views expressed are not necessarily those of Dundee Securities

Enjoy holidays on tight budget

MoneyMatters

Q Finances have been difficult this year, and going into the holiday season does not bring me a lot of joy. Can you offer some financial advice?

— Maurice

A Here are a few tips to reduce stress and enjoy the season:

• Give a thoughtful, creative but inexpensive gift.
• Create a holiday budget and stick to it.
• Pay cash for all gifts — no credit cards please.
• Eat out less.
• Comparison shop.
• Buy gifts for kids only.
• Shop early. Last-minute shoppers tend to spend more.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca

Heisman finalists named

Tim Tebow and Colt McCoy are headed back to the Heisman Trophy presentation as finalists, along with running backs Mark Ingram and Toby Gerhart and defensive tackle Ndamukong Suh. The five finalists were announced yesterday. The Heisman Trophy will be awarded Saturday in Manhattan. THE ASSOCIATED PRESS

Sports

Herzog headed to Hall

Manager Whitey Herzog, left, and umpire Doug Harvey are the newest members of baseball's Hall of Fame. The Veterans Committee announced the voting results yesterday. Herzog managed in the majors from 1973-90, and won the 1982 World Series and three NL pennants with the St. Louis Cardinals. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Officer sought Woods' blood test results: Police report

CRASH A Florida trooper who suspected Tiger Woods was driving under the influence sought a subpoena for the golfer's blood results from the hospital he was taken to after crashing his SUV, but prosecutors rejected the petition for insufficient information, according to a police report released yesterday.

Tiger Woods

A witness, who wasn't identified in the report, told trooper Joshua Evans that Woods had been drinking alcohol earlier. The same witness also said Woods had been prescribed two drugs, Ambien and Vicodin.

The report did not say who the witness was but added it was the same person who pulled Woods from the vehicle after the accident outside his home. Woods' wife, Elin, has told police that she used a golf club to smash the back windows of the Cadillac Escalade to help her husband out.

"Impairment of the driver is also suspected due to the careless driving that resulted in the traffic crash," Evans wrote in the report dated Nov. 30 that was released by the State Attorney General's office.

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Young skip generating buzz

Gunnlaugson a favourite with fans at Olympic curling trials

Move over Kevin Martin and Randy Ferbey. There's a new fan favourite emerging at the Canadian Olympic curling trials.

Jason Gunnlaugson is a 25-year-old, baby-faced skip with long shaggy hair who lists his occupation as an online poker player. And while he's considered an underdog to win a berth in the Vancouver Olympics, he is generating the most buzz this week in Edmonton.

Gunnlaugson, who lives in Winnipeg but curls out of the Beausejour Curling Club, snagged a spot in the trials at the pre-trials tournament in Prince George, B.C., last month.

He's only been skipping for a year but his boyish looks and confident swagger have made him a favourite with the fans at Rexall Place.

"Being the curling nerd I am we've been picking the brains of these guys for years."
Jason Gunnlaugson

"As a huge curling fan myself I'm just so happy I get to watch and the front row seats are going to be amazing," he said yesterday. "It will be easy to keep focused on the game but in between ends you're going to be looking over and saying holy crap these guys are good."

Gunnlaugson says he has been learning from the veteran Canadian skips for years.

"Being the curling nerd I am we've been picking the brains of these guys for years and they probably thought, 'Oh, just some kids and now they're going to have to play us,'" he added. "We're just some kids expected by some to go 0-7 or 1-6. We just get to go surprise somebody."

Winnipeg's Jeff Stoughton has known Gunnlaugson since he was a child. His uncle, Garry Van Den Berghe, was a Stoughton teammate for 15 years.

"He is so passionate about the game and I think it's great for the game and it's going to be a lot of fun for him this week," Stoughton said.

Gunnlaugson lost to Kevin Koe yesterday, who played a conservative game and managed to capitalize on the youngster's misses in a 7-2 victory.

The road doesn't get any easier for Gunnlaugson, who dropped to 0-2 and faces Glenn Howard today.

"It's blatantly obvious that one was on me. The boys played so phenomenal. It's kind of frustrating," Gunnlaugson said.

THE CANADIAN PRESS

NFL Packers beat Ravens

JIM PRISCHING/THE ASSOCIATED PRESS

Green Bay Packers quarterback Aaron Rodgers looks back after throwing an interception during the first half of a game against the Baltimore Ravens last night. The Packers won 27-14. For a complete game recap, visit metronews.ca/sports.

Coach sets bar high for national team

SOCCER Men's national soccer coach Stephen Hart made it clear yesterday that his goal is to get Canada back in the World Cup mix.

"I'm only looking forward," Hart said at a news conference.

Stephen Hart

"I'm not worried about what happened before. I'm planning to get on with business."

Hart has served as interim head coach since Dale Mitchell was let go last spring, a few months after Canada posted a weak 0-4-2 record in qualifying for the 2010 World Cup.

The Canadian Soccer Association removed the interim tag from his title yesterday.

THE CANADIAN PRESS

Sports in brief

NHL Darren McCarty, a veteran of 15 NHL seasons who won four Stanley Cups with the Detroit Red Wings, officially announced his retirement yesterday. The 37-year-old McCarty spent 13 seasons with the Red Wings.

CURLING Defending national women's champion Jennifer Jones picked up her first win at the Canadian Olympic curling trials in Edmonton last night, notching a much-needed 11-5 win over B.C.'s Kelly Scott. Cheryl Bernard beat fellow Calgarian Crystal Webster 9-6 for her third win in a row.

CURLING Glenn Howard and Kevin Koe remained undefeated at the Canadian Olympic curling trials yesterday while Kevin Martin and Randy Ferbey stumbled, but the real battle appears to be the ice itself. Throughout the first two draws, Canada's top curlers have been surprisingly sloppy. Light on draws, heavy on draws, a lack of curl — the result has been plenty of steals.

BASEBALL Brian Bruney was dealt yesterday to the Washington Nationals from the New York Yankees for a player to be named in the first trade of the winter meetings.

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Carolina 3 Pittsburgh 2
Colorado 4 St. Louis 0
New Jersey 3 Buffalo 0
Washington 3 Tampa Bay 0
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SPECIAL FOCUS ON:
Health and Fitness Trends

Health & Beauty

EDITOR: JENNIFER.PRITTIE@METRONEWS.CA

Latest fitness trends coming in 2010

What's In and What's Out for those who are looking to stay in shape next year

CELIA MILNE
for Metro Canada

In a world where nothing stands still, fitness is no exception. Things are moving fast, and workouts, to stay relevant, have to be quick, efficient and lively.

Metro asked Geoff Bagshaw, group exercise director of Denman Fitness in Vancouver, to shine a light on the trends. When it comes to exercise in 2010, here's a look at what's IN and what's OUT.

What's IN

"Strength Training is probably the biggest trend for 2010," says Bagshaw. "The public is much more educated about the benefits of strength training; they realize the importance of including this in their workouts. Especially with the aging population, the emphasis on resistance training will be even greater."

Kettlebell Training will also be "in." For the uninitiated, a kettlebell looks like a large, black bowling ball, with a suitcase handle on it. It comes in different weights and people like seven-time Tour de France winner Lance Armstrong like to hoist a few.

Cross-Fit programs use movements based on gymnastics, weight-lifting, Kettlebell training and calisthenics.

"The workouts use whole body exercises rather than isolated movements to better mimic actions that are performed in everyday life," says Bagshaw.

Zumba and dance-based classes are on the rise Thanks to shows like So You Think You Can Dance' and Dancing with the Stars, the popularity of dance-based group exercise classes has taken off. "Zumba, in particular, with its Latin dance moves and rhythms, has almost developed a cult-like following around the world," says Bagshaw.

Fusion workouts are hot, hot, hot.

These are workouts that combine two or more disciplines into one program.

"We often see names like Koga (Kickboxing and Yoga), Yogilates (Yoga and Pilates), Iron Yoga (Yoga using handweights), and Yoga Booty Ballet (Hip Hop, Yoga and Ballet combined)," says Bagshaw.

Express workouts.

These are often just 30 minutes in length, so people can get in and out of the gym quickly.

Including a shower, you can be back at work in 45 minutes.

What's OUT

Jumping on a cardio machine such as a rower, stationary bike or treadmill and then calling it a day is very out.

Singular workouts, such as running or walking are out.

Always add some stretching, weight-lifting and balance exercises to heighten the fitness experience.

Traditional aerobic and step-based group fitness classes are on the decline, says Bagshaw.

TANNIS TOOHEY/TORSTAR NEWS SERVICE

Kettlebell training is one of the What's In fitness training methods for 2010.

"The workouts use whole body exercises rather than isolated movements to better mimic actions that are performed in everyday life." Geoff Bagshaw

You can't jog off a night of drinking

CELIA MILNE
for Metro Canada

FITNESS Jogging off your hangover?

Drank too much at a Christmas party last night?

A British government survey recently found that almost one in five people admitted to exercising as a way of "making up for" a bout of heavy drinking.

But exercising does not undo the damage caused by over-indulging.

It may help you feel better in the short term, and certainly regular exercise is good for you, but working out doesn't negate the effects that a binge has on your liver.

Cirrhosis of the liver is a silent disease which develops over time from excess alcohol consumption.

Canadian guidelines suggest women consume no more than nine drinks a week and men 14.

And no, it's not advised to drink them all at once on Friday night.

Health in brief

GARLIC When crushed or sliced, fresh garlic releases a substance called allicin, which is thought to have antiviral properties.

MUSHROOMS Certain varieties, including shitake, reishi, and maitake, contain potent poly-saccharides, sugar compounds that can increase white blood cell levels and prevent infection.

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Cheating athletes nothing new: Vogels

Tiger Woods' alleged multiple affairs just the tip of the iceberg for 'culture of adultery'

The J Spot

Tiger Woods' bizarre Nov. 27 car accident has brought his troubled marriage and seemingly multiple affairs to light. The fact that the world's greatest golf player — an international sports hero and a family man with a squeaky clean image — also cheated on his wife has come as a shock to a lot of people.

But, as it turns out, seems Tiger's just like most of the rest of them.

According to a CNN report earlier this year — when former NFL star Steve McNair was shot to death by his 20-year-old mistress — 80 to 90 per cent of pro athletes cheat on their wives. And, after interviewing 47 wives of professional athletes, Steven M. Ortiz, an assistant professor of sociology at Oregon State University concluded that a "culture of adultery" permeates professional sports today and that there is "a fast-food-sex mentality among professional athletes."

As with rock stars and politicians, the money, power and fame combined with the fact that you're constantly on the road without your wife and surrounded by admirers is a strong aphrodisiac that can make "because you can" a good enough reason to cheat.

"There is certainly a different code for athletes than there is for the average guy," says Montreal sports-caster Mitch Melnick. "It's not necessarily that athlete's are hornier, they just have more opportunity and access to sex."

Tiger Woods and his wife Elin are the latest sports couple to have their dirty laundry aired.

Michael Landsberg, host of TSN's Off the Record once told me that "professional athletes don't even have to try, they can be devoid of any charisma, they can look bad, even smell bad and there will be women who will leave with them."

But, as far as I'm concerned, the athletes aren't the only part of the "culture of adultery" that stinks.

In a feature for GQ magazine in 2006, Lisa DePaulo hung out with sports groupies and discovered that, "Gutter Groupies wait in parking lots after games and are happy just to give oral sex to an athlete (heck, even a bodyguard will do) while Fly Girls have something more going on.

They are just classy enough to often merit oral sex a second time. Sometimes there is jewelry involved."

And what of the wives? I'm sure — for some of the very reasons above — that being married to a pro-athlete is no picnic. But are they merely innocent bystanders? It's been reported that Tiger's wife is being offered a big chunk of change to stick with him in order to maintain his good-guy public image.

I can only imagine what that must feel like.

Um, I'd like you meet my damage control, I mean my wife.

Frankly, it all smells pretty rotten to me.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Staying fit through holiday season

CELIA MILNE
for Metro Canada

HEALTH The holidays are coming, and with them lots of delicious temptations and less time to exercise. But you'd be surprised how little time you need to squeeze in some meaningful fitness, says Marci Lall, a weight loss and body sculpting specialist in Toronto.

Even if you take 10 minutes early in the morning and 10 minutes before bed, these mini-workouts will pay off, he says.

"These can lead to great results when the holidays are a drag on the amount of time you have available."

He has developed for Metro a quick workout you can do if you set aside either 10, 20 or 30 minutes.

PLIÉ LUNGES

- Stand with your feet shoulder-width apart, hands on your hips.
- With one leg, step in and behind you (see photo), bringing your knee toward the ground (don't let it touch the ground).
- Use your legs to push yourself back up to the starting position; repeat using the opposite leg.
- Keep your back straight throughout the exercise.

T-PUSH UPS

- Get into a push-up position with the balls of your feet on the floor and your hands directly under your shoulders.
- Do a push-up as you would normally by bending your elbows and bringing your chest toward the ground. When you come back up to the starting position, rotate your body, lifting your arm out to the side to make a "T" with your body.
- As you push yourself upward, breathe out through your mouth.

CELIA MILNE/FOR METRO CANADA

Lunges are a quick way to keep your legs toned.

SQUAT PULSES

- Stand with your feet shoulder-width apart with your back straight and head looking forward.
- Squat down so your knees are bent and your butt sticks out to the back.
- You can reach your hands in front of you for counter balance so you don't fall backward.
- Once you're in the down position, slowly pulse up and down to give your thighs a nice burn.

The taco gets a makevoer

This month Taco Bell goes back to the basics with its new jet black corn taco shell. Along with the shell makeover, this new treat includes a special zesty pepper jack sauce. The tacos cost $1.30 each and are available until Jan. 10, 2010. METRO NEWS SERVICES

Food

Party appetizers

Tips on planning appetizers for a holiday cocktail party: As guests arrive, welcome them with spreads, dips and crudites, seasoned nuts and appetizers that you can arrange hours ahead and that won't go soggy in the fridge. As the party gets underway, serve appetizers that require last-minute arranging. Surround pates or terrines with crackers and breads, then garnish. Source: The Complete Christmas Book by The Editors of Canadian Living Magazine. THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

Delicious comfort dishes

There's a love affair between Canadians and their slow cookers.

I've heard them called everything from a "life-saver" to a "marriage saver." While I'm not sure I'd go quite that far, the slow cooker certainly has earned a spot in a growing number of kitchens. Bubbling away on the counter, it delivers reliably delicious braised and pot roasted dishes, sustaining soups, chilis, curries and pasta sauces, vegetables and much more. It even makes drinks, comfy desserts, dips and spreads.

The key is finding a really good cookbook to make your slow cooker work even harder. Look no further: The Slow Cooker Collection, our newest book, has arrived. It's well stocked with family-pleasing everyday favourites and dishes that take the fuss out of entertaining. Here's a small sampling to tease your taste buds.

It's slow cooker season!

Chicken Squash Curry from Canadian Living's newest book, The Slow Cooker Collection.

Sun-Dried Tomato and Artichoke Dip

MAKES 3 CUPS

This is a perennial party pleaser, one that's easy to make with pantry staples. Serve with a variety of crackers, pita chips and vegetables.

INGREDIENTS:

- 1 can (14 oz/398 mL) artichoke hearts
- 1 pkg (8 oz/250 g) cream cheese, cubed and softened
- 1/2 cup each sour cream and mayonnaise
- 1/4 cup grated Parmesan cheese
- 1/4 cup chopped drained oil-packed sun-dried tomatoes
- 1 clove garlic, minced
- 1/4 tsp pepper
- 2 tbsp chopped green onion

METHOD:

1. Drain artichoke hearts; pat dry and chop. Add to 1 1/2-quart (1.5 L) slow cooker along with cream cheese, sour cream, mayonnaise, Parmesan, sun-dried tomatoes, garlic and pepper; stir to combine.
2. Cover and cook on low, stirring twice, until blended and hot, about two hours. Sprinkle with green onion.

Chicken Squash Curry

PREP TIME: 8 MINUTES / COOK TIME: MAKES 4 SERVINGS26 MINUTES

INGREDIENTS:

- 2 Tbsp vegetable oil
- 1 lb boneless skinless chicken thighs, cubed
- 1 onion, chopped
- 2 hot green peppers, seeded and chopped
- 2 cups cubed seeded peeled butternut squash (about 1 lb/500 g)
- 3 Tbsp mild Indian curry paste
- 1 can (28 oz/796 mL) diced tomatoes
- 1/4 cup chopped fresh coriander

METHOD

1. In Dutch oven, heat half of the oil over medium-high heat; brown chicken. Remove to plate.
2. In same Dutch oven, heat remaining oil over medium heat; cook onion and hot peppers, stirring occasionally, until softened, about 5 minutes.
3. Add squash and curry paste; cook, stirring, until fragrant, about 1 minute.
4. Add tomatoes and bring to boil, scraping up brown bits. Return chicken and any juices to pan. Reduce heat, cover and simmer until squash is tender, about 20 minutes. Sprinkle with coriander.

online

For more recipes, visit canadianliving.com

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Brandy's bad rap

You've got to feel sorry for brandy. Long associated with cigar smoking old men; even getting name dropped in dozens of rap songs hasn't made it any more hip hop to drink.

The price is one problem. A decent brandy will set you back at least $20 with many — especially a top drawer French Cognac — well over $50. There's more trouble in the glass. Brandy may be distilled wine but its flavour can come across full-bodied and boozy with what seems like a raw, burnt-like taste. Plus, other than service from a snifter, what can you do with it?

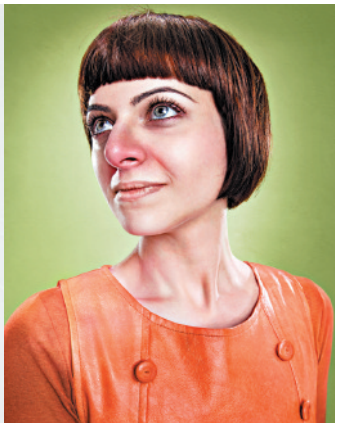
To bring brandy into the 21st century its makers have reported for kitchen duty: looking for ways to associate their spirit with food and encouraging you to pour their creations ice cold.

I gave it a try by popping a bottle of **Rémy Martin's V.S.O.P. Cognac** ($67.49 - $87.95) into my refrigerator's freezer for a couple of hours and was impressed to find how the chill softened the perception of alcohol and enhanced its creamy butterscotch flavours; making it a great match with savory foods.

FIGHT ON, BRAVE SOUL.
GET THROUGH THE SEASON HALLS

For tips to help you stay well during cold & flu season, visit gethalls.ca.

For the temporary relief of sore throat, cough and nasal congestion. Always read and follow the directions for use.



Coldplay works with Eno again
Coldplay is working with Brian Eno again on a new album. Frontman Chris Martin hopes the legendary music producer can help make the group's next LP sound more intimate. FEMALEFIRST.CO.UK

Entertainment

Adams Family
Amy Adams is pregnant with her first child, according to People magazine. Adams and her fiancé, Darren Legallo, were engaged last year. The baby is due early next year. POPEATER.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Canadian Idol stint helped Pigott land Being Erica gig

PEOPLE You could consider it lucky that Sebastian Pigott's biggest acting gig to date also allowed him to show off his musical chops. He certainly does.

Pigott

"That was the gift of this job, to get to play and write (music) as a part of the show," says the 26-year-old Torontonian, who played rock star-cum-barista Kai on CBC series Being Erica. The season finale airs tonight at 9 p.m.

The last time Pigott was on TV in a big way, in the summer of 2008, it was all about the music. He made it to the top eight of Canadian Idol.It turns out that had something to do with him getting the Erica job.

"Sebastian's appearance on Canadian Idol was important because we were looking for somebody who was authentically a musician," says series creator Jana Sinyor. "

Playing Kai meant mining feelings of self-loathing and insecurity, as well as the emotion of his father dying when Pigott was a child. "I feel Erica is one of the best shows we've got up here. It's not derivative; it's not trying to be an American show."

TORSTAR NEWS SERVICE

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metro

Searching for balance

Chantal Kreviazuk stays connected to family while on tour

KUMAR SAHA
Metro Canada

For Chantal Kreviazuk, a typical day on her current Canadian tour is a balancing act: Call her three boys in the morning. Get her vocals up to par for the show. Sneak in some moments to iChat with the kids. Sing her heart out on stage. Call the kids again before their bedtime.

Plain Jane is the latest album from Chantal Kreviazuk.

"I'm pretty useless to them in the mothering role day-to-day right now out on the road. I can imagine how people who are away for extended periods from their children can be a little complacent and apathetic about calling, because it can often be more damaging than good sometimes. You can call and they can be frantic about saying goodbye," says the 35-year-old singer-songwriter.

"You have to get past that and realize that the child still needs to know that you love them and you are thinking about them."

This search for equilibrium between her musical and family roles seeps into Kreviazuk's latest album, Plain Jane — a title that might as well be the way the Winnipeg native would like to identify herself these days.

Being plain and ordinary doesn't come easy to someone who has been a staple on Canadian charts since her 1996 debut Under These Rocks and Stones. A long-standing marriage to Raine Maida, frontman of Toronto band Our Lady Peace, isn't exactly a recipe for anonymity either, nor is a home in the Big Smoke a secluded retreat for a Canuck pop couple. But what allows Kreviazuk to step out of the spotlight is her life in Los Angeles, where she can remain in the background crafting hits for artists such as Kelly Clarkson and Gwen Stefani.

"We're focused on family … and our second jobs as songwriters in a totally different market place, different nation. It's been a brilliant thing. I like me way better than I would have if I had been just the girl in Canada with the microscope on myself," she says.

> **"We're focused on family … and our second jobs as songwriters in a totally different market place, different nation."**
> Chantal Kreviazuk

Her self-effacing approach works well when it comes to family. But that doesn't necessarily mean she allows herself to get dwarfed by the million-selling singers she collaborates with in L.A.

"I realize that they came to me because there was something about me the artist that they wanted. So I should be building that into the songwriting process with them," she says.

And if there's something of her that the self-proclaimed "live performance junkie" wants to get across in the music is authenticity and humility.

"I feel like being more of an artist that people can relate to. I never wanted to be Beyoncé, I never wanted to be Madonna. I wanted to be a singer-songwriter on a life journey … I wanted to be relatable on a very realistic level."

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Pretty in Pink heartthrob takes on Gossip Girl
Andrew McCarthy, the star of some of the most iconic teen movies of the '80s, is getting back to his roots by taking on the CW's sexy drama, Gossip Girl. McCarthy will direct an episode set to air in the spring. PEOPLE.COM

Don't shake Howie's hand

Howie Mandel's autobiography looks at his life with phobias

IAN JOHNSTON
for Metro Canada

Comedian and game show host Howie Mandel says the best way to deal with his on-going mental issues has always been a good laugh.

"In comedy, nobody can hear you scream," says Mandel, who is currently promoting his autobiography Here's The Deal – Don't Touch Me, a candid look at his comedy life and his struggle with Obsessive Compulsive Disorder and Attention Deficit Hyper-activity Disorder.

"I'm always dealing with issues — whether it be OCD or ADHD. I'm terrorized constantly by intrusive thoughts, which inform what I do. The way I deal, and have always dealt with, those darkest moments is be funny."

Mandel, who got his start more than 30 years ago at Toronto's Yuk Yuks, says he never set out to be so personal in his book. But since his mental issues dominate his life — Mandel is a "germaphobe" who avoids even shaking hands — it was difficult to ignore.

GETTY IMAGES

Howie Mandel writes about his struggle with OCD and ADHD.

Plus — like all his career moves — he agreed to the book without thinking it through.

"I said 'yes' without thinking what the ramifications of it would be. It was supposed to be a light and funny autobiography. That was the intent. If I'd thought about how honest I'd have to be, I wouldn't have done it," he says.

"But then again, if I would have thought what are the odds of being a successful comedian in LA? I probably wouldn't have done that either."

Still, entertaining thousands at sold-out concerts and hosting Deal Or No Deal does seem an odd career choice for a guy who doesn't like to be touched.

"Well, truth is what I'm doing right now - promoting the book, going to book signings or talking to you - that's all more one-on-one than comedy.

"I do a concert and I really don't make direct contact with anyone unless I want to."

Still, even Mandel hadn't anticipated he'd be on a book tour during the H1NI flu crisis. But as predicted, he finds some humour in that irony.

"But who would have guessed I'd be out promoting my book in the midst of this awful pandemic? And here's me out there signing books and meeting all these people. It's crazy."

Here's The Deal– Don't Touch Me by Howie Mandel is in bookstores now.

Entertainment in brief

PACINO IN THE PARK Al Pacino meets William Shakespeare next summer in New York City's Central Park. The 69-year-old Pacino will portray Shylock in The Merchant of Venice, one of two offerings by the Public Theater's 2010 Shakespeare in the Park series. THE ASSOCIATED PRESS

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THE TIME
metro

Shakira shakes up Oxford society club

PHILANTHROPY The Colombian singer who is famous for hits like Hips Don't Lie and Whenever, Wherever joins a diverse group of luminaries (including the Dalai Lama) when she addressed the Oxford Union yesterday in Oxford, England. The union is the ancient university's famous debating and social society.

The 32-year-old is also a UNICEF ambassador, and addressed the union about the work of her Barefoot Foundation.

THE ASSOCIATED PRESS

In brief

MUSIC Daniel Powter, whose hit Bad Day reigned on top of the Billboard pop charts for five weeks in 2006, was named as the decade's top one-hit wonder by Billboard.

NEWSCAST Diane Sawyer says this week is her last as co-anchor of ABC's Good Morning America as she prepares to replace Charles Gibson on World News. THE ASSOCIATED PRESS

Kenya's Style
Kenya Hunt
Exclusively at metronews.ca/globalstyle

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 12/8/09	251	308	3 CBC	Wheel-Fortune	Jeopardy! (N)	Santa Is Coming to Town		Being Erica (N) (CC) (DVS)		CBC News: The National (N)		(:05) The Hour
	254	-	9 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	etalk (CC)	Hollywood	So You Think You Can Dance (N) (CC)				Law & Order: Special Victims		News
	-	-	10 JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma "The Houdini Code"		P3	Ek Noor	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Toxic" (CC)		NCIS: Los Angeles (CC)		The Good Wife "Home"		News
	256	389	12 VI	Degrassi: TNG	TMZ (N) (CC)	The Bourne Identity ★★★ (2002) Matt Damon, Franka Potente. (CC)					Comedy Inc.	A News (N)
	253	359	13 CITY	The Office	The Office	The Biggest Loser The "Biggest Loser" is announced. (CC)				The Jay Leno Show (N) (CC)		The CityNews
	-	-	14 CW	The Office	The Office	90210 "Winter Wonderland"		Melrose Place "San Vicente"		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Toxic" (CC)		KIRO News Special (CC)		The Good Wife "Home"		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser The "Biggest Loser" is announced. (CC)				The Jay Leno Show (N) (CC)		KING 5 News
	602	568	19 W	Friends (CC)	Friends (CC)	Borrowed Hearts (1997) Roma Downey, Eric McCormack.				Crazy for Christmas (2005) Andrea Roth.		
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Charlie Brown	Prep- Landing	Scrubs (N)	Better Off Ted	the forgotten "Pilot" (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Christine ★★ (1983, Horror) Keith Gordon, John Stockwell.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	Winged Migration ★★★ (2001) Narrated by Jacques Perrin.				Members' Choice				War, Worlds
	290	382	28 FOX	Two/Half Men	Two/Half Men	So You Think You Can Dance (N) (CC)				Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	Rain 2-Beatles		Doo Wop 50 History and style. (CC)						Stay Rich-Life
	296	654	34 SBK	The Office	Name Is Earl	Frasier (CC)	'70s Show	South Park	Half & Half	Paid Program	Hatchett	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 "Winter Wonderland"		Melrose Place "San Vicente"		KTLA Prime News (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury Paternity results. (CC)	
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	28 NW	CBC News: the fifth estate		CBC News: The National (N)		CBC News: The National (N)		CBC News: the fifth estate		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	NHL Hockey	Sportsnet	Hockey	Canucks TV	UFC 107 Countdown		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	Curling		SportsCentre (CC)		Boxing (Taped) (CC)				SportsCentre
	411	457	49 OLN	Ghost Hunters International		Bounty Hunter	Bounty Hunter	Survivorman (CC)		Ghost Hunters International		Bounty Hunter
	410	403	54 SCR	(6:30) Court Surfing		Drafted Finale		Score Now		Score Now		Final Score
	417	406	55 SC	Dangerous Drives		Pass Time	Pass Time	Monster Jam		Super Bikes!	Challenge	Drives
	416	409	144 GLF	Fútbol Uruguayo		MLS Weekly	Gol TV News	Toronto-Today	MLS Weekly	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	The Legend of Frosty the Snowman (CC)			Hates Chris	8 Rules	What I Like	Family Biz	Prank Patrol	Adrenaline
	555	545	50 TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Babar (CC)	Zigby	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		Stephen Fry in America (CC)		Rough Aunties (2008, Documentary) Premiere.				Capturing
	575	583	20 CMT	Home Imp.	Home Imp.	Wilsons	Wilsons	Reba (CC)	Reba (CC)	According-Jim	According-Jim	Home Imp.
	570	580	24 MM	MuchNews	Love Court	MuchTop11at11		Pimp My Ride	My Own	MuchNews	Video on Trial	RapCity (CC)
	600	564	29 H&G	House	House	Holmes on Homes (CC)		HGTV's Top	Design Inc.	Pure Design	Genevieve	House
	615	520	31 A&E	Paranormal	Paranormal	Paranormal	Paranormal	(:01) Criminal Minds (CC)		Paranormal	Paranormal	Paranormal
	628	584	42 SPKE	Ult. Knockouts	UFC 107 Countdown (N)		Scariest Police Chases 3		Ways to Die	CSI: Crime Scene Invstgtn.		Trek: Voyager
	521	560	44 TLC	Little Couple	Little Couple	Table for 12	Table for 12	18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	Cmas Lights
	616	522	46 SHO	The Outer Limits (CC)		Voices (2007, Suspense) Amy Acker. (CC)				Bones "Yanks in the U.K."		NCIS (CC)
	620	523	40 BVO	At the Concert Hall (N) (CC)		Law & Order "Pride and Joy"		Without a Trace "Hard Reset"		A Hard Day's Night ★★★ (1964) (CC)		
	601	562	41 SLC	Bulging Brides	Bulging Brides	ET Canada	Whatever	Work Out (CC)		Brat Camp (CC)		Trading Sp
	520	505	42 DIS	Time Warp (N)		Daily Planet (CC)		Destroyed	Destroyed	Time Warp		How It's Made
	522	506	44 HIS	Ancient Discoveries (CC)		Cities of the Underworld		Cities of the Underworld		Ultimate Engineering (CC)		Crime Stories
	627	528	45 SPC	Fringe "Snakehead" (N) (CC)		InnerSpace	Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager (CC)	
	294	650	47 TBS	Men of a Certain Age "Pilot"		Lopez Tonight		My Boys	Seinfeld	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	'70s Show	'70s Show	The Outer Limits (CC)		ET Canada	Switch (N)	Family Guy	'70s Show	'70s Show
	603	561	52 FN	Good Eats (CC)		Iron Chef America (CC)		Unwrapped	Unwrapped	The F Word (CC)		Good Eats
	-	-	53 AMC	(5:00) Grease	The Jewel of the Nile ★★ (1985) Michael Douglas, Kathleen Turner. (CC)					Grease ★★★ (1978, Musical) John Travolta.		
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	Daily Show
	320	621	60 CEN	(6:30) Prom Wars (2008) (CC)		Body of Lies ★★ (2008, Drama) Leonardo DiCaprio. (CC)				(:10) Traitor ★★★ (2008) Don Cheadle. (CC)		
	581	566	101 MTV	Teen Mom "Looking for Love"		MTV Live	Sex News	Catching Up: Teen Mom		Teen Mom "Looking for Love"		MTV Live
	261	394	102 V	(6:00) The Nativity ★★ (1978)		World Christmas (CC)		The Nativity ★★ (1978, Drama) Madeline Stowe, John Shea.				Mormon Taber
	-	-	105 MUL	Sewing Maid	Boys Over Flo	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

At the Concert Hall
Singer-songwriter Jann Arden takes to the stage in this new episode, performing "Daughter Down," "A Million Miles Away" and other songs from her 10th studio album, "Free." Of course, no Jann Arden concert would be complete without her two biggest hits, "Good Mother" and "Insensitive," and her entertaining anecdotes about her parents. She also shares the inspirations for some of her songs. 7 PM on BVO

The Biggest Loser
In the season finale, all this edition's contestants return for a final chance to weigh in during this special reunion and show viewers how much they have lost since starting their weight-loss journeys. The third finalist, selected by viewers, is announced, then the eliminated contestants weigh in to vie for the $100,000 at-home prize. Finally, the winner of the $250,000 grand prize is announced. Alison Sweeney hosts. 8 PM on NBC, CITY

Matt Damon steps into the shoes of South African rugby player Francois Pienaar in Invictus.

It's all in the body

Damon trained hard for Invictus role

NED EHRBAR
Metro World News

Before Matt Damon could even think about working on the accent and muscles needed to portray South African rugby star Francois Pienaar in Invictus, he had a much more pressing concern: his height.

"The very first day I got to South Africa, Francois invited me over to his house for a gourmet dinner that he was cooking," Damon remembers about meeting the six-foot-three-inch Pienaar. "He opened the door and I looked up at him, and the first thing I ever said to Francois Pienaar in my life was, 'I look much bigger on film.'"

Though Damon is no stranger to heavy training after his work in the Bourne films, that was nothing compared to Invictus, he says.

"This is the fictionalized version of somebody's life. I don't want to let him down."
Matt Damon

"I was in better shape for this movie," Damon insists, owing the extra effort to his budding friendship with Pienaar. "This is his life. I don't want to embarrass him. If Jason Bourne looks a little flabby, that's on me. This is the fictionalization of somebody's actual life. I didn't want to let him down."

As an added challenge, his work on Invictus came right after this fall's The Informant, in which he packed on a considerable amount of flab. "I had a good time putting the weight on, and then a tough time reshaping the weight," he says.

Though physically daunting, Damon was committed to doing the film because of the story it tells: Nelson Mandela using the 1995 Rugby World Cup to unite the citizens of South Africa after apartheid.

"As actors, we react to the material that's out there. I probably just react more strongly to things that I feel have some social value," he says.

"I remember (Mandela's) Boston visit. I remember the whole world tour. In my high school, we had the 'Free Nelson Mandela' ribbons. Kids were wearing those before they knew who he was."

Damon credits director Clint Eastwood for an incredibly easy working experience.

"You walk on some movie sets and it's like walking into an emergency room. And that tension bleeds into the performances and the film itself," he says. "But Clint just leads an incredibly tight ship."

Damon was particularly impressed with Eastwood's commitment to keeping things moving.

"After you do a take, he goes, 'Well, let's not f— this up by thinking about it too much.'"

Invictus opens in theatres Friday

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Fifty years on, 3-D gets respect

Big name directors turn to genre

Since 3-D films were first introduced in the 1950s, they have functioned more as a novelty than a practical storytelling device. However, more than 50 years (and a whole lot of advances in technology) later, a new wave of 3-D is bringing forth a new frontier in filmmaking.

Re-released versions of the Toy Story films, left, and the upcoming Avatar are part of a new wave of 3-D films.

Led by veteran directors such as Robert Zemeckis and James Cameron, the medium is gaining more respect than it ever did in 3-D's second wave in the early '80s, where fuzzy knives and blurry sharks came at the audience like slow, predictable punchlines in Friday the 13th: Part III and Jaws 3-D, respectively.

Gone are the cardboard glasses with one red and and one blue lens, but throughout Scrooge's journey in Zemeckis' Disney's A Christmas Carol, the 3-D effects can still be intrusive and they are not at all subtle.

However, most of the 3-D effects add substantial depth to the beautiful computer-rendered streets of London. Each detail of Ebenezer is lifelike in fusing his emotional plight with the surreal concoctions of animators to engage audiences in a whole new way.

And Avatar, Cameron's epic about humans exploiting foreign resources on another planet has been rumoured to have cost as much as $500 million to make.

Though Fox Filmed Entertainment chairman Jim Gianopulos recently dismissed that figure as "ridiculous," the film does use unprecedented camera and computer technology that many outlets are promising will change the future of filmmaking.

And Gianopulos said he has no doubt the film will turn a profit, which may mean that 3-D could finally prove to be much more than a gimmick.

Three ages of 3-D

- Bwana Devil (1952): The first feature-length movie in 3-D helped launch the craze in the early '50s. Starring Robert Stack, the drama is about the building of the Uganda Railway.

- Friday the 13th: Part III (1982), Jaws 3-D (1983) and Freddy's Dead: The Final Nightmare (1991): The Holy trinity of 3-D cinema, these horror pics represent the apex of 3-D film technology in the '80s. Laden with unapologetic gimmicks, they attracted audiences with rollercoaster-type thrills.

- Toy Story and Toy Story 2 (2009): Launched almost 14 years ago, the recently 3-D'd double feature reminds us that a movie should rely on story not technology in order to please audiences. Still as charming and funny as ever, you almost forget about the 3-D effects as you become emotionally invested in our tiny plastic heroes.

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Michael admits to drug use

George Michael has admitted to smoking crack cocaine. The former Wham! singer has spoken out about his use of the Class A drug and claims he has smoked it "once or twice," femalefirst.co.uk reports. METRO NEWS SERVICES

Celebrity Buzz

Celebrity tweets

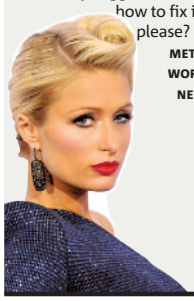
Chris Brown gets a kick out of clumsy paparazzi, Diablo Cody likes to travel prepared, and Paris Hilton uses Twitter for tech support,

• @MechanicalDummy in the airport and camera guy asked me stupid questions then ran into a pole.. hella funny

• @diablocody Don't ever try to bring novelty brass knuckles on a plane. Even if they're pink. I speak from experience.

• @ParisHilton I was at dinner last night and someone spilled their drink on my blackberry and now it's broken. :(Any suggestions on how to fix it please?

METRO WORLD NEWS



Brown feels 'embarrassed'

POOR BABY Chris Brown is "embarrassed" about his assault on his ex-girlfriend Rihanna, femalefirst.co.uk reports. The singer has spoken out about his humiliation at losing his temper with the 21-year-old beauty in an attack which left her covered in bruises and bite marks and has revealed he still can't look at the photographs of her injuries.

He said: "It's unbearable to view. It's something that I have to live with every time they show it. I'm embarrassed that I couldn't control my anger at that time. It's a reminder that I have to be in control of my own actions and not anyone else's. My actions today and in the past shape my future."

In February, the 20-year-old musician lashed out at his ex-girlfriend following a pre-Grammy's party. He was found guilty of the assault and ordered to 80 of community labour, 12 months of domestic violence counselling and five years probation.

The singer has vowed to "learn from" his behaviour.

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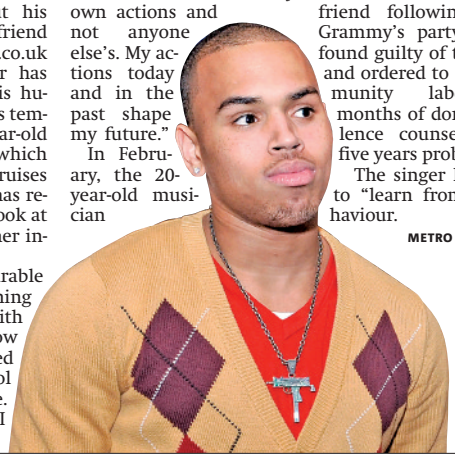

Teen wolf likes to dote

THAT'S TOO CUTE Taylor Lautner may not be willing to confirm a relationship with singer Taylor Swift, but he's sure acting like a doting boyfriend. The New Moon star snuck into last weekend's Jingle Ball concert in Los Angeles for her performance, going almost completely unnoticed, according to Hollyscoop. "No one knew Taylor was there," says a source. "It was obvious he didn't want to take away from her special day. He was there to support her."

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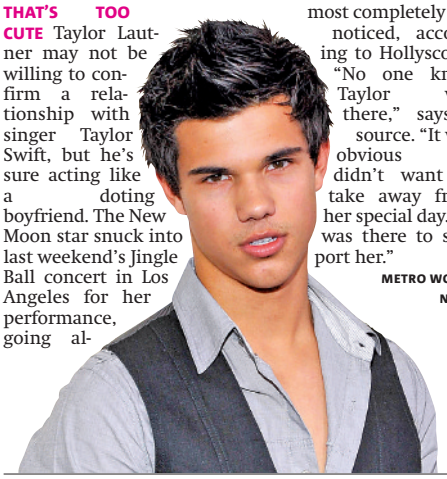

Spears family plays down claims

BIG CHANGES? Britney Spears' family is going on the defensive, denying wild claims made by Courtney Love that Britney was molested as a young girl by father Jamie Spears, according to Rush & Molloy.

Also, femalefirst.co.uk is reporting Britney Spears' conservatorship could end soon. The 28-year-old singer's father — who was made co-conservator of her personal and professional affairs after her public breakdown in 2008 — has met with lawyers and wants a judge to review the conditions of the agreement now Britney's Circus tour has ended. METRO WORLD NEWS

Tattoo honours pal

OR SO SHE SAYS... The world seemed up in arms after photographers snapped Miley Cyrus in a hot pink bikini that prominently displayed her new tattoo that reads "Just Breathe," popeater.com reports. Well, according to Perez Hilton, the 17-year-old's ink actually honours the memory of one of her close friends that passed away due to Cystic Fibrosis.

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Wednesday Sunny -2° / -5°
Thursday Mainly sunny 0°/ -6°
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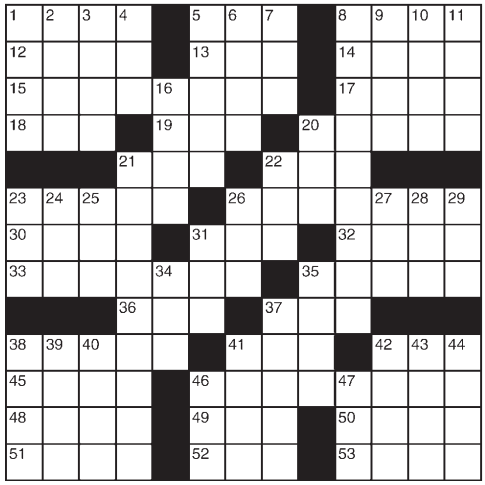
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		1				2		
			4		5			
7	5						8	9
		7	3		2	9		
2	4						3	1
		9	5		1	6		
3	9						6	7
			7		8			
		8				5		

ACROSS

1 Complain
5 Fido's reply
8 Cupola
12 Sandwich cookie
13 Spelling contest
14 Concept
15 Show to be false
17 Drunkards
18 Perched
19 Type measures
20 Aerosol output
21 Newcomer to society
22 By way of
23 August forecast word
26 Soldier
30 Eye part
31 Former Saturn model
32 Race place
33 Soda purchase
35 Cruising
36 Whopper
37 Pigpen
38 Needed liniment
41 Carnival city
42 Stitch
45 Circus performer?
46 Send
48 Some deer
49 Eggs
50 Give a hoot
51 Lecherous look
52 Slithery fish
53 Verifiable

1 Pollacks' kin

DOWN

2 Met melody
3 Take ten
4 Burst
5 Mushroom cloudmaker
6 Guns the engine
7 Doctor's due
8 Difference
9 Stench
10 Transcending (Prefix)
11 Simple
16 Clari-netist's sliver
20 Madam's mate
21 Annoy
22 Forefront
23 That man's
24 Swiss canton
25 Blend
26 Stir-fry vessel
27 — and outs
28 Praise in verse
29 Scandinavian rug style
31 Hockey venue
34 Help
35 On
37 Rope fiber
38 Roundish hairstyle
39 Block the pipes
40 Shoe part
41 Split apart
42 Celebrity
43 Beige
44 Roller coaster shout
46 Anonymous John
47 Performance

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

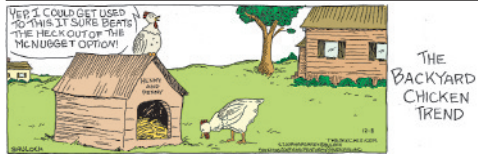
B	A	T			A	C	T	
A	L	U	M		M	O	O	
T	O	R	I		P	O	D	
H	E	N	N	A		S	O	L
			U	S	E		S	E
P	A	N	T	H	E	R		A
O	B	O	E		K	O	I	
P	L	U	S	H		B	O	T
S	E	N	T	R	Y		N	R
		E	S	A	U		I	N
L	I	R	A		C	P	A	
A	M	O	K		H	O	P	
O	P	T	S		T	N	T	

S	E	R	A					
E	M	I	R					
C	U	B	E					
I	L	E						
A	D	D	E	R				
C	L	A	N					
H	E	R	S					
I	N	L	A	W				
C	O	R	A					
E	V	I	L					
E	L	K						

1	3	6	5	7	8	9	4	2
8	5	2	9	1	4	3	6	7
7	9	4	6	2	3	8	5	1
4	8	5	7	3	1	6	2	9
3	7	9	2	5	6	4	1	8
2	6	1	8	4	9	7	3	5
9	1	7	4	6	5	2	8	3
5	4	8	3	9	2	1	7	6
6	2	3	1	8	7	5	9	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Salmon Puffs with Tzatziki

INGREDIENTS:

3/4 lb (375 g) pack pre-rolled puff pastry
5 1/3 oz (160 g) skinless salmon fillet, cut into 1/2-in. (1 cm) squares
1/4 lb (125 g) frozen fava beans
1 oz (30 g) fresh dill, chopped
1 oz (30 g) snipped fresh chives
1 egg, beaten
1/2 cup (125 mL) ricotta cheese
1/2 cucumber
1 cup (250 mL) plain yogourt

METHOD:

1. Remove pastry from fridge. Preheat oven to 460°F (240°C). Put salmon squares in bowl and add frozen fava beans and herbs. Season and mix well.

2. Unroll pastry, then cut into four 7 x 3 1/3 -in. (17.5 x 8.5 cm) pieces. Brush egg lightly all over pastry. Mound salmon mixture in centres of pastry pieces. Place ricotta cheese on each mound of filling. Fold long ends of pastry up to meet over filling and pinch together at top. Press sides together to seal.

3. Transfer pastries to baking sheet and brush with egg. Bake until puffed and golden.

4. Meanwhile, grate cucumber into sieve and press out excess moisture over sink. Mix cucumber into yogourt. Transfer tzatziki to serving bowl and serve with hot salmon puffs.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Someone who is jealous of your popularity and success will go out of their way to make life difficult for you today.

TAURUS ♉
APRIL 21-MAY 21
You may want to be honest but the planets warn you will have to bend the truth a little. Most likely you will do so to protect someone's feelings.

GEMINI ♊
MAY 22-JUNE 21
Avoid get-rich-quick schemes because they will cost you a lot more than they make. Keep them at arm's length.

CANCER ♋
JUNE 22-JULY 22
It is of the utmost importance today that you control your temper, no matter how much others may try to provoke you.

LEO ♌
JULY 23-AUG 23
If you promise something today you will have to keep it come what may, so think twice before making that pledge.

VIRGO ♍
AUG 24-SEPT 22
What you have been worrying about these past few weeks was not worth the time or the effort.

LIBRA ♎
SEPT 23-OCT 23
Your confidence may have taken a dive of late but the way things pan out today will convince you there was never very much to worry about.

SCORPIO ♏
OCT 24-NOV 22
Advice will come at you from all directions today, making it difficult to work out who is talking sense and who is talking nonsense.

SAGITTARIUS ♐
NOV 23-DEC 21
You are strongly advised to keep your money in your pocket today because once you start to flash the cash there will be no stopping you.

CAPRICORN ♑
DEC 22-JAN 20
Keep a low profile over the next 24 hours and keep looking forward to a time when you can show what you can do.

AQUARIUS ♒
JAN 21-FEB 18
Give voice to your feelings but don't let all your resentments come to the surface at the same time.

PISCES ♓
FEB 19-MARCH 20
Steer clear of people who tend to talk about nothing else but their aches and pains and what's gone wrong in their life.

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1941 – Second World War: The Japanese invade Hong Kong, British Malaya and the Dutch East Indies.
1980 – John Lennon is shot and killed by Mark David Chapman in front of The Dakota apartment building in New York City.
1993 – The North American Free Trade Agreement (NAFTA) is signed into law by U.S. President Bill Clinton.

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